

# COSUMNES RIVER COLLEGE



## VISITING TEAM GUIDE 2011-2012

**Welcome to CRC!** We would like to make your visit enjoyable. Please do not hesitate to ask any of our staff if you have any questions that cannot be answered in this guide.

*Liz Belyea, Athletic Director*

916-691-7367

## **DEPARTMENTAL MISSION STATEMENT:**

“To provide, through instruction and service, a variety of programs, opportunities and challenges to promote lifelong fitness and wellness for our students and community”

Also, this division recognizes a commitment to the student’s success and overall well being. Our division acknowledges accountability and professional commitment toward this important responsibility. Specifically, through the vehicle of Physical Education, Health and Athletics, we strive for the following goals:

- Provide an environment that emphasizes the physical as a component of the individual, and in so doing provides a holistic learning experience. We recognize that the physical component of our division is unique and allows for a different type of learning experience.
- Enhance student health and welfare.
- Provide support and guidance in the academic progress.
- Conduct our programs ethically and promote ethical conduct in the student.
- Provide a forum for amateur athletics as part of the educational experience.
- Create an environment in which the student will strive to excel in athletics.
- Create an environment in which the student will choose a lifestyle of fitness and overall healthy habits.
- Provide equal opportunity for students of diversity.
- Improve the fitness and health of the student.

### **Athletic Department Statement of Purpose:**

The purpose of the Cosumnes River College Athletic Department is to provide opportunities for student growth and development through intercollegiate athletic participation. It must, at all times, reflect the philosophy of the Board of Trustees, the College Administration, the COA/CCCAA and the community. The COA/CCCAA Constitution and Bylaws, the BIG 8 Constitution and the policies of Cosumnes River College shall govern the intercollegiate athletic program. Each member of the CRC Athletic Department shall abide by the policies, rule interpretations and regulations of the above mentioned entities.

### **Athletic/Academic Policy:**

The goal of the Cosumnes River College Athletic Department is to maintain a balance between academic progress and athletic participation. Athletes are expected to perform to their ability level in the classroom and in their sport.

Student athletes who continue to meet the Athletic and Academic Standards of the California Community College Athletic Association (CCCAA) and the Cosumnes River College Athletic Department will be allowed to represent Cosumnes River College in Intercollegiate Athletic participation.

Furthermore, when conflicts arise between the academic requirements of the student athlete and the intercollegiate athletic program that cannot be resolved through the school policy or excused absences for athletic contest participation, the academic requirements will take precedent.

**GENERAL INFORMATION:**

Address:	8401 Center Parkway, Sacramento, CA 95823
Mascot	Hawks
Colors	Navy Blue and Orange
Admissions Office phone number:	916-691-7411
Athletic Department phone number:	916-691-7261
Athletic Department fax number:	916-691-7186
Web address:	<a href="http://www.crc.losrios.edu">www.crc.losrios.edu</a>
General location:	CRC is located near the southern edge of Sacramento off of Highway 99.

**ATHLETIC DEPARTMENT STAFF:****ADMINISTRATIVE:**

President	Debbie Travis	916-691-7321
Dean/Athletic Director	Liz Belyea	916-691-7367, 916-955-9252 (Cell)
Assistant AD	Jeanne Calamar	916-691-7376
Athletic Coordinator	Cheri LaDue	916-691-7473

**ATHLETIC STAFF:**

Administrative Assistant	Sue Corrigan	916-691-7261
Evening Clerk	Julia Villalobos	916-691-7261
Athletic Trainers	Michael Deutsch Julie Madsen Joe Ochoa	916-691-7298
Athletic Attendants	Jason Neary Daimon Shelton	916-691-7377

**COACHES:**

Baseball	Tony Bloomfield	916-691-7397
Basketball – Men	James Giacomazzi	916-691-7648
Basketball – Women	Coral Sage	916-691-7667
Soccer - Men	Ron Preble	916-691-7208
Soccer - Women	Cesar Plasencia	916-691-7578
Softball	Cindy Ball	916-691-7790
Men's Tennis	Scott Gradin	916-691-7261
Women's Tennis	Suzanne Stebbins	916-691-7261
Volleyball	Minet Gunther	916-691-7283

## **HOTEL INFORMATION**

### **Fairfield Inn & Suites (across freeway from the College)**

8058 Orchard Loop Lane

Elk Grove, CA 95624

916-681-5400 or (877) 933-5400

[www.FairfieldInn.com](http://www.FairfieldInn.com)

<http://www.marriott.com/hotels/travel/sacek-fairfield-inn-and-suites-sacramento-elk-grove/>

### **Hampton Inn & Suites (about 5 minutes away, next to Hwy. 5)**

2305 Longport Ct.

Elk Grove, CA 95758

916-683-9545 Contact: Janet Taylor

[hamptoninn.com](http://hamptoninn.com)

<http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml;jsessionid=HI4NRJYUPUD0MCSGBJC32EQ?ctyho cn=SACEGHX>

### **Holiday Inn Express (an exit away)**

9175 W. Stockton Blvd.

Elk Grove, CA 95758

916-478-9000

[www.hiexpress.com](http://www.hiexpress.com)

[http://www.hiexpress.com/h/d/ex/1/en/hotel/egvca?&cm\\_mmc=mdpr- -googlemaps- -ex- -egvca&dp=true](http://www.hiexpress.com/h/d/ex/1/en/hotel/egvca?&cm_mmc=mdpr- -googlemaps- -ex- -egvca&dp=true)

### **The Hilton Garden Inn (an exit away)**

9241 Laguna Springs Dr.

Elk Grove, CA 95758

(916) 691-1900 Hotel

(209) 251-5303 Direct

(916) 691-1945 fax

<http://www.itvlive.com/hiltongardeninn/elkgrove/>

### **Holiday Inn Express & Suites (an exit away)**

Elk Grove-Sacramento

2460 Maritime Drive

Elk Grove, CA 95758

**PH: 916-478-4000**

Web: [www.hiexpress.com/elkgrove-ca](http://www.hiexpress.com/elkgrove-ca)

Group Contact: Aaron Singh

### **Courtyard Marriott (Sacramento Midtown)**

Nicole Clark Business Development Manager

4422 Y Street, Sacramento, CA 95817

916-403-9393 Direct

[www.marriott.com/saccy](http://www.marriott.com/saccy)

## **EMERGENCY INFORMATION**

**Campus Police: 916-558-2221 or 916-691-7777**

**CRC Athletic Training Center: 916-691-7298**

**CRC Athletic Trainer Cell: 916-897-0798**

**Athletic Director Cell: 916-955-9252**

### **Kaiser Permanente Medical Center-South Sacramento**

6600 Bruceville Rd.

Sacramento, CA 95823-4671

(916) 688-2106 - Advice/Appointments

(916) 688-2000 – General Information

(916) 688-2535 – Emergency Department

[www.kp.org](http://www.kp.org)

### **Methodist Hospital-Sacramento**

7500 Hospital Dr.

Sacramento, CA 95823-5477

(916) 423-3000 General Information

(916) 423-6126 Emergency Department

[www.methodistsacramento.com](http://www.methodistsacramento.com)

### **Elk Grove Urgent Care**

9405 Bruceville Rd., Suite 100

Elk Grove, CA 95758

(916)-479-9110

[www.elkgrove-urgentcare.com](http://www.elkgrove-urgentcare.com)

### **Directions:**

*Hospitals:* Bruceville Road borders the college on the East side.

Go North, past Cosumnes River College Blvd.

You will see Methodist Hospital on the right,

and Kaiser Hospital is only a little further on the left.

These hospitals are very close, less than a mile away.

*Urgent Care:* South on Bruceville, past Big Horn Blvd.

EG Urgent care is in the medical office building on the left,

Across the street from the Wackford Community Center.

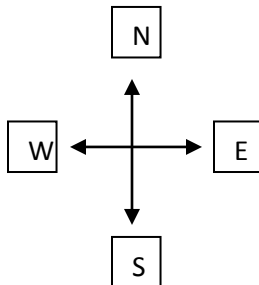
Kaiser South  
Sacramento  
Medical Center

Methodist  
Hospital

HWY 99  
→

Cosumnes River Blvd.

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*CRC  
Campus*

Big Horn Blvd.

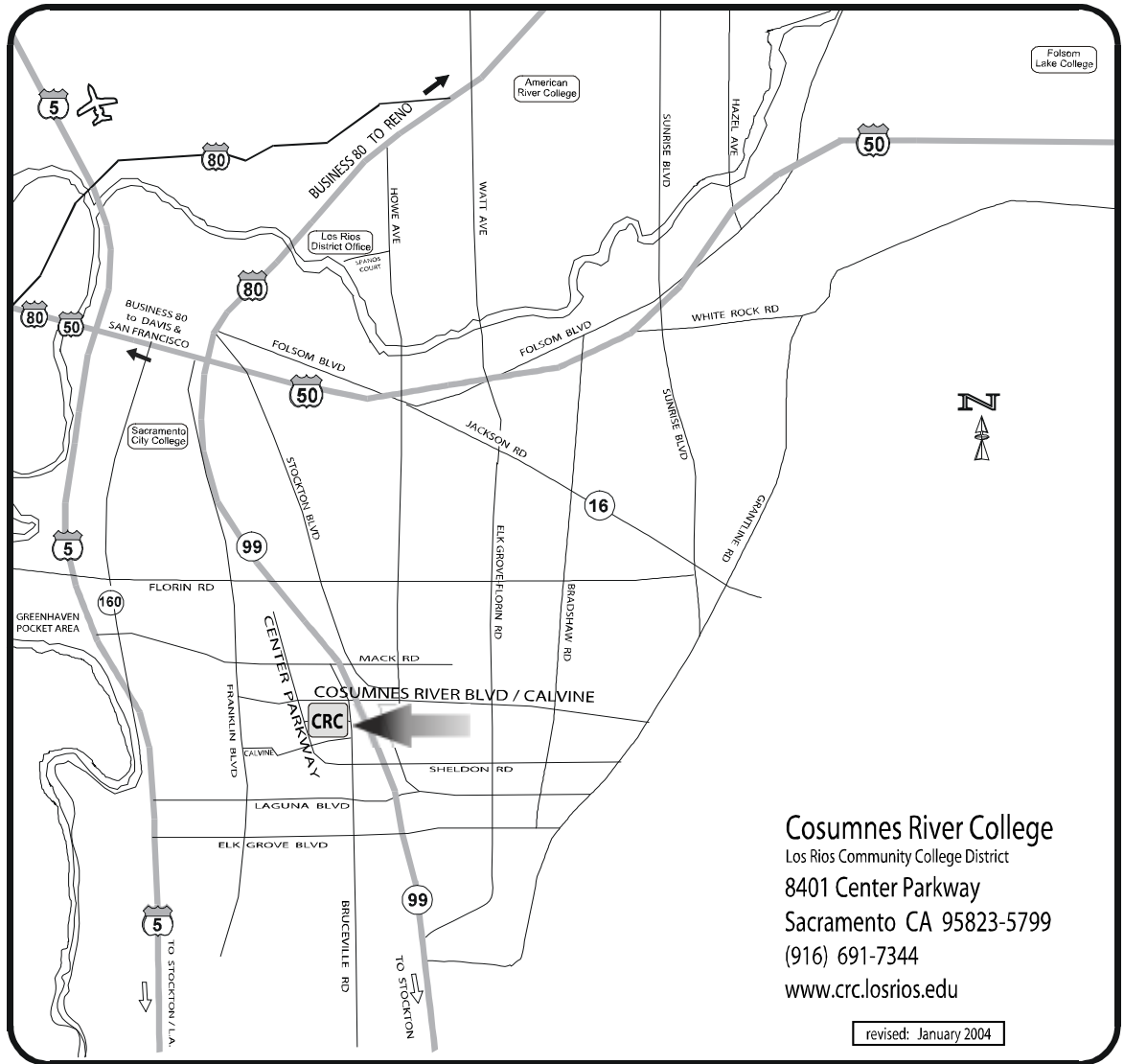
Elk Grove  
Urgent  
Care

## **RESTAURANT INFORMATION**

Many restaurants are located one exit south on Laguna Blvd. going West. Any listing for Elk Grove is, usually, south of the College. Listings that say Sacramento are, usually, even closer to the college.

<b>Name</b>	<b>Address</b>	<b>Phone</b>
Aloha Sushi	7419 Laguna Blvd. #140 Elk Grove	916-691-2228
Baja Fresh - Mexican	7419 Laguna Blvd. #220 Elk Grove	916-691-2252
Bamboo Inn - Chinese	7300 Laguna Blvd #1 Elk Grove	916-683-9898
BJ's - American, Variety	9237 Laguna Blvd Elk Grove	916-753-1500
Carl's Jr.	8140 Sheldon Rd. Elk Grove	916-681-8923
Chevy's - Mexican	7401 Laguna Blvd. Elk Grove	916-691-3400
Chick-Fil-A	8430 Bond Rd Elk Grove	(916) 714-0744
Chili's	7410 Laguna Blvd. Elk Grove	916-478-2478
Golden Corral Buffet	W Stockton Blvd. Sacramento	916-689-4300
Hometown Buffet	9089 Bruceville Road Elk Grove	916-684-2771
In-N-Out Burger	9188 East Stockton Blvd. Elk Grove	800-786-1000
Lamppost Pizza	5105 Laguna Blvd. Elk Grove	916-691-3456
Macaroni Grill	9198 W. Stockton Blvd. Elk Grove	916-478-2878
Mimi's Café (good Breakfast)	9195 Stockton Blvd. Elk Grove	916-683-4377
Mr. Perry's 2 locations (Breakfast)	7820 Alta Valley Dr. Sacramento	916-423-2140
<i>Mr. Perry's second location</i>	7895 Stockton Blvd Sacramento	916-423-1103
Mr. Pickles Sandwich Shop	7419 Laguna Blvd. Elk Grove	916-683-3099
Panda Express - Chinese	8251 Bruceville Rd #100 Sacramento	916-681-0929
Rubios - Mexican	8251 Bruceville Rd #150 Sacramento	916-688-0887
Old Spaghetti Factory	7727 Laguna Blvd. Elk Grove	916-478-2400
Subway - Sandwiches	8775 Center Parkway Sacramento	916-681-3399
Texas Roadhouse	8094 Orchard Loop Lane Elk Grove	916-681-0640

# How to Get to Cosumnes River College



- A Art Rooms** in VPAC building
- AG Agriculture**  
AG 101 - AG 102 Horticulture-Greenhouses, Veterinary Tech / Barn, Welding Lab - Construction
- AMT Automotive**  
AMT 101 - AMT 102
- B Boiler Room**
- BS Business & Social Science**  
BS 101 - BS 104  
Coop Work Experience/Internships
- CAC Community & Athletic Center**  
CAC 100 - CAC 232  
Physical Education offices  
Temporary Cafeteria - CAC 200
- CC College Center, President's Office**  
Admissions / Business Services, Administrative Offices, ATM Machine, Bookstore, Quad (outside patio), College Advancement / Community Services - Cashier, Instruction Office, President's Conference Room, Public Information Office, Veterans Office - Admissions  
Cafeteria (temporary location in CAC)
- CDC Child Development Center**  
Infant / Preschool Center, CDC 108
- CU Custodial Area**
- F Ford Center**  
Construction / Weatherization
- G Greenhouses**
- L Library Building**  
L 101 - L 317 Distance Educ & Media Services, Student Services & Counseling, Assessment, CalWORKS, DNA, EOPSS, CARE, Scholarships, Financial Aid, Forum (L 111), Library, Radio Lab, TV Studio, Student Development (student gov. / clubs), Career Center / Transfer Center / Test Proctoring
- LRC Learning Resource Center**  
LRC 102 - LRC 222 Accounting Lab (LRC 216), Anthropology Lab, Computer Open Lab (LRC 204), CVPA Lab (LRC 106), GreenForce Offices, Integrated Learning Ctr. (Foreign Lang. / ESL), Journalism Lab, Mec Lab (LRC 108), Learning Resources & College Tech offices, Math Center, Reading & Writing Center, Tutoring Center (LRC 216), CASSL - Center for Staff Student Learning (LRC 121)
- M Music Rooms** in VPAC building
- MT Maintenance**
- OPS Operations & Public Safety**  
Campus Operations, Health Center, Police Services, Mail, Printing Services, Graphic Design Services
- PE Physical Education / Athletics**  
PE 101 - PE 113
- P48 Disability Support Programs & Services Center (DSPS)**
- P76 Adaptive P. E.**
- R Receiving Area**
- RH Recital Hall**
- RS River Stage Black Box Theatre**
- SCI Science**  
SCI 101 - SCI 504 Science, Math & Engineering area office, MESA  
Portables P 101 - P 131
- SOC Southeast Office Complex**  
SOC 100+ Business & Family Science offices, Humanities & Social Science faculty offices
- T Technology**  
T 100 - T 118 Careers & Technology offices
- TA Theatre Arts** rooms in VPAC building
- WL Welding Lab**
- VT Veterinary Technology**  
AG 101 - AG 102



**VPAC Visual & Performing Arts Center**  
CVPA - Communication, Visual & Performing Arts offices:  
A- Art Rooms (A 500 - A 800+)  
M- Music Rooms (M 200 - M 300+)  
TA- Theatre Rooms (TA 400+)  
RH- Recital Hall  
RS- River Stage  
NS- Nest Stage

- Disabled Parking
- Wheelchair Access
- Bus Stop
- Daily Parking Permit Machine
- Emergency Phones
- Visitor Parking (15-30 min zones)



8401 Center Parkway  
Sacramento, CA 95823  
Phone: 916 691-7344  
Fax: 916 691-7375  
[www.crc.losrios.edu](http://www.crc.losrios.edu)

## **PARKING & OTHER INFORMATION:**

Soccer: Visiting buses can park next to the fields. Fans and vans should park in Lot A or by Animal Technology accessible from Northeast Receiving entrance

Baseball: Lot A, and also by Animal Technology accessible from Northeast Receiving entrance.

Basketball and Volleyball: Lot A

Softball and Tennis: Lot F, by stadium

*Parking passes are sent by mail to visiting teams.*

## **Athletic Training Center:**

The athletic training center is located in the Northwest corner of the CAC (big gym) building (room 120.) The outside door is under the stairs. Athletic training services and ice are available. Each team is expected to bring its own supplies.

## **Locker Rooms:**

The main locker rooms for athletics are located in the CAC building's north side. There are other locker rooms in our Physical Education building as well.

## **Athlete Decorum:**

Athlete behavior is regulated by the CCCAA rules. The coach and on-site administrator of the event will monitor and regulate athlete behavior to insure that the standards of decorum are met.

## **CCCAA DECORUM STATEMENT:**

The CCCAA (California Community College Athletics Association) Decorum policy is in effect at any Community College athletic event, which is sanctioned by the state office. Please be respectful and courteous to each other.

The CCCAA strongly encourages all participants and fans to avoid using profane language, taunting opponents and fans, or making inappropriate gestures or non-verbal signs to opposing teams, players, and fans.

In addition, any non-credentialed person that comes into the playing surface will be immediately escorted out of the venue by security.

Those violating the CCCAA decorum policy will be warned and any continued violations will result in ejection from the venue.